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COULD THE SWEET STUFF BE MAKING YOU EMOTIONALLY SICK? PAGE 23

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Tuesday, July 28, 2015 www.metro.us | t: MetroPhilly | f: MetroPhilly

For women who've been hurt

Vigil. A recent "Say Her Name" demonstration for Sandra Bland and other women of color who have been victims of police brutality saw some of the activists disagreeing over who could protest what. PAGE 02

Activist Megan Malachi protests at a 'Say Her Name' demonstration in Center City on Monday / MARIA S. YOUNG

Clinic offers free fertility tests for teachers

PAGE 03

You won't believe this new beauty trend

PAGE 20

Macnow: Question Chip, cheer for Cole

PAGE 26

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1 NEWS

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On the go

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The sexism of activism explored at 'Say Her Name' demonstration

Center City protest. Tensions erupted among activists calling for justice for Sandra Bland and other women of color.

Internal tensions between activists arose yesterday during a Black Lives Matter protest in front of the SEPTA station on 15th and Market streets.

"Say Her Name: Black Men in Defense of Black Womanhood," a demonstration promoted on social media "in support of justice for Sandra Bland, Deidra Reid and countless other black women who have been victims of police terror" had an attendance of roughly 60 participants.

The protest comes during the recent discussions of Sandra Bland, 28, who died in the Waller County jail after a traffic stop in Prairie View, Texas, escalated into a physical confrontation. Growing social media speculation on her death has led to many activists questioning how Bland died.

It was a diverse array of Philadelphians holding up countless signs of the names of unarmed black women slain by police enforcement. Some also mentioned "Free Mumia," "Jail killer cops!!" and "Stop and Frisk/Stand Your Ground = racial profiling."

"Say her name: Sandra Bland, Miriam Carey, Yvette Smith … and the countless other black women who we speak life into when they are murdered under police containment," said Melanie McCoy, a Black Lives Philly activist.

Tommy Joshua, 35, of Philly Peace Park then supported her words.

"I'm a son, husband and lover of all black women," Joshua, who also put together the demonstration, said. "I'm really aware of the distance I have to walk in being a man in this particular movement."

However, when Megan Malachi, 34, of the Action Against Black Genocide Coalition received the megaphone and began to speak on "black women being silenced in their own movement," Joshua interrupted her.

"She began to talk down on black men and that rubbed me the wrong way," Joshua said. "I am out here fighting for them — this wasn't the place."

Some women spat epithets at Joshua during the confrontation that began to divide the protest. One shouted that his "misogynistic penis is trying to speak for black women."

Malachi, who is also part of the Philly Coalition for Real Justice, also felt that the event was "patronizing for black women who have had to always fight for black male lives when the same wasn't done in return," she said.

"I want these men to stop with this Peace Queen bulls— that is continuing to oppress us all," she added.

As the crowd began to die down at end of the second hour, Joshua reflected on the divide.

"I'm constantly fighting my own sexism," he said. "I know that all black lives matter, especially women."

ERNEST OWENS
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Tommy Joshua, an activist from North Philadelphia Peace Park, speaks Monday at the "Say Her Name" demonstration. Below, Joshua stands with Erica Adjekpiyede, an activist with the Black Lives Matter chapter at Rutgers College. / MARIA S. YOUNG.

Quoted

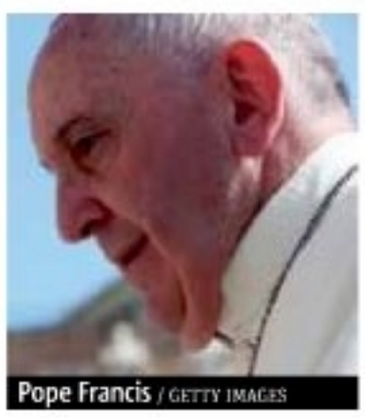
"I was annoyed today — this event was another hijacking of women, queer and trans. The men slated to speak at this demonstration are known sexists and know nothing about intersectionality within this movement that originated from three queer women of color for that purpose."

Megan Malachi

Questions. No one knows anything about Pope's visit yet

Plans for the papal visit are still in flux, city leaders said on Monday.

Mayor Michael Nutter held a news conference to refute images of maps purporting to show the security boundaries during Pope Francis' visit in two months, saying they were inaccurate.



Pope Francis / GETTY IMAGES

"No official security perimeter has been officially announced by the parties who would actually officially announce a security perimeter for this event," Nutter said. "Speculative reporting on this matter performs absolutely no legitimate function except to paint a false and/or misleading picture for the public."

Meanwhile, SEPTA delayed a news conference scheduled for 3 p.m. Monday to announce the sales of the Papal Pass required for Regional Rail travel.

The press conference is set to be rescheduled "later this week," said spokeswoman Jerri Williams. There was no information about the cause for the delay.

Sales of the 375,000 Regional Rail passes have already been delayed a full week due to the website being swarmed by thousands of users within minutes of going live.

Pope Francis will visit Philadelphia on the weekend of Sept. 26 to 27.

SAM NEWHOUSE

Philadelphia

Narco cop informant to be sentenced

Two months after six former Philadelphia narcotics officers he testified against in a corruption trial were acquitted, Jeffrey Walker is set to be sentenced Wednesday for the many crimes he admitted to during the trial.

Walker was arrested in 2013 after he planted drugs on a drug dealer who wound up being an undercover FBI agent. He then agreed to testify against his former fellow cops. METRO

Walker / PROVIDED

Back-to-school special: Free fertility tests for teachers

On the school house. In August, local fertility specialists are offering free blood tests to gauge fertility for teachers.

Twin boys who were born after an IVF procedure. / COURTESY OF SABURAH FLATEMAN POSNER

A Philadelphia reproductive health clinic has offered free fertility tests to teachers as a back-to-school special.

The doctors at RMA at Jefferson are offering the discount for the month of August as a way of raising awareness about fertility issues and supporting teachers.

"When you think of going from August to September," said Dr. Jackie Gutmann, "this is the time when back-to-school ads are on TV. It made us think of teachers and a time when we reorient in that direction."

The offer underscores huge coverage gaps for reproductive health and fertility treatments in insurance plans.

Neither Pennsylvania nor federal law requires health insurance plans to cover fertility issues, said Sean Tipton, a spokesman for the American Society for Reproductive Medicine. That spurs more marketing among fertility docs.

Saburah Flateman Posner, the dean of students at Springside Chestnut Hill Academy, said she would have jumped at the free testing "in a heartbeat." She's now the mom of twins, born in 2013 after in vitro fertilization at RMA.

The whole process costs about $3,000 to $5,000. Without the insurance coverage offered by her and her wife's jobs, it could have run as high as $30,000.

The test on offer is the Anti-Mullerian Hormone exam, which helps researchers determine the number of eggs a woman has left and their quality.

While nearly all teachers have health insurance, not all insurance plans cover fertility issues. This offer allows teachers to get an evaluation without that diagnosis.

While men are a quite visible part of the teaching profession, the clinic — which is focused on women's health — is not offering semen analysis or other male fertility exams.

Quoted

"You see a lot more direct-to-consumer advertising among fertility specialists because it's patients are paying their own bills. You don't see emergency rooms advertising the price for a broken femur."

Sean Tipton

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Philadelphia

New advocate from city agency to serve LGBT crime victims

A new crime victim advocate focusing on the needs of lesbian, gay, bisexual and transgender people who are the victims of crime will navigate the criminal justice system in Philadelphia.

Center City Crime Victim Services has posted a job for a victim advocate that will focus on the entire city.

The new position comes about a week after a gay clerk at a Center City adult bookstore who was shot in the back claimed he was the victim of a hate crime.

No arrests have been made in that case and no hate crime charges have been formally filed.

But advocates for the LGBT community say it's a position they've long looked to create.

Victim advocates typically attend hearings with victims, keep victims informed of their rights, and provide outreach to crime victims.

Helen Fitzpatrick, the mayor's director of LGBT Affairs, said that under-reporting of crimes is a significant issue among members of the gay and lesbian community, whose members often worry that they will not be given respect by law enforcement.

"We're hoping this facilitates the reporting of crime," Fitzpatrick said.

DAN KELLEY

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Osvaldo Arroyo and his son / PROVIDED / FACEBOOK

One dead, one injured, dog missing in hit-and-run

Update. The tiny pooch is loved by a special-needs boy.

Max the poodle / FACEBOOK

A good samaritan who pursued a car involved in a fatal hit-and-run may have brought police one step closer to identifying the driver responsible.

Police said Monday they were seeking to speak with the registered owner of the vehicle involved in the Sunday night crash, but had not confirmed if he was behind the wheel when the vehicle slammed into a car performing a U-turn in Juniata Park.

The registered owner of the gray 2008 Mitsubishi SUV involved in the hit-and-run was Alberto Vangas, who had a listed address within blocks of where the crash occurred.

"It'd be helpful if he could give us any information, especially who was operating the vehicle," said Capt. John Wilczynski of the police Accident Investigation Division.

The vehicle was located shortly after the hit-and-run due to a good Samaritan who called 911 after seeing the crash and proceeded to follow the striking SUV in their own car for several blocks, Wilczynski said.

That caller saw a male driver ditch the SUV near 9th Street and Rising Sun Avenue and flee the vehicle and shared that info with police.

"If they didn't do that, we might not have the vehicle," Wilczynski said.

Wilczynski said it appeared the victim's car was attempting a U-turn when it was struck and sustained heavy front-end damage.

Francis Arroyo, 42, a passenger in the struck vehicle, died as a result of the crash.

The driver, Osvaldo Arroyo, 41, survived. Arroyo has a special-needs son whose therapy poodle, Max, was in the car at the time of the crash and disappeared afterward, reports said.

The crash is the sixth fatal hit-and-run of 2015, Wilczynski said.

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No go for Boston's 2024 Olympic bid

Renderings of the proposed Boston 2024 Olympic Stadium and Boston Common / BOSTON 2024

Boston's Olympics dream comes to an end.
PHOTO ILLUSTRATION BILLY BECERRA, METRO

Called off. The United States Olympic Committee killed Boston's Olympic bid Monday.

After Boston's two years of debate and controversy, Olympic organizers are ditching the effort to bring the Games to the Bay State.

The decision came Monday after conversations via conference call that included the US Olympic Committee, Massachusetts Gov. Charlie Baker and Boston 2024, the group that had been charged with promoting and planning the event in the city.

The decision to end the bid was mutual, the USOC and Boston 2024 said in a joint statement yesterday.

It was the lack of support from the public in Massachusetts for the games that brought about the bid's demise, according to USOC CEO Scott Blackmun.

Blackmun stood by the big promises that came with the games, among them inspiring a push for transportation improvements and new affordable housing.

"We know that the Boston games would have been good for Boston," Blackmun said.

Continuing now would have been too steep a challenge for organizers, said Boston 2024 Chairman Steve Pagliuca in the statement.

"The extensive efforts required in Boston at this stage of the bid process would detract from the U.S.'s ability to compete" with other cities worldwide that are in the running to host the event.

Olympic organizers wanted commitments sooner than officials were willing to give them, Baker said Monday.

Still pending is a much-anticipated report from consultants The Brattle Group on the cost and impact of the Olympic bid, which was expected in late July or early August.

"That time frame, for whatever reason, didn't work for others," Baker said. "We pretty much announced it in March and stuck to it all the way through."

SPENCER BUELL

'We're better off'

No Boston Olympics, which has been organizing a grassroots campaign in opposition to the bid, said in a statement Boston is "better off" without bringing the Olympics here.

- "Boston is a world-class city. We are a city with an important past and bright future. We got that way by thinking big, but also thinking smart.
- "We need to move forward as a city, and [Monday's] decision allows us to do that on our own terms, not the terms of the USOC or the IOC. We're better off for having passed on Boston 2024."

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Defects. Fiat Chrysler could spend billions to buy back trucks

Fiat Chrysler Automobiles could pay billions of dollars to buy back defective trucks as part of a settlement with U.S. safety regulators, but has the option to recover costs by reselling vehicles once they are repaired.

The auto safety watchdog slapped the Italian-American automaker with a $105 million fine — the largest ever levied by U.S. regulators against a carmaker — over lapses in safety recalls involving millions of vehicles.

FCA said on Monday that about 193,000 Ram trucks previously recalled for suspension and steering problems had not been repaired and were therefore eligible for the buyback deal negotiated with the National Highway Traffic Safety Administration.

That could put FCA on the hook for nearly $3 billion, if the average buyback price is $15,000 per vehicle. But the net cost could be much lower. A company representative noted on Monday that the NHTSA agreement gives FCA the option of repairing and reselling any vehicles it repurchases from owners. REUTERS

RAM TRUCKS
GETTY IMAGES

Colorado massacre trial jurors quizzed over the Lafayette shooting

James Holmes. He has been found guilty of killing 12 people and wounding 70.

The judge in the Colorado movie massacre trial asked jurors on Monday if they saw reports of last week's deadly shooting at a Louisiana cinema, and whether they could remain impartial as they decide the fate of gunman James Holmes.

After the questioning, Arapahoe County District Court Judge Carlos Samour decided not to dismiss any jurors, saying they only had brief exposure to information about the Louisiana case.

Within days of the third anniversary of that rampage, police in Louisiana said a drifter fatally shot two women and then killed himself at a Lafayette movie theater on Thursday evening.

On Monday, defense lawyers asked Samour to quiz the 12 jurors and seven alternates. Of the 19, 12 said they had seen or heard news coverage from Louisiana.

The jury must decide whether Holmes should be executed or serve life in prison. The panel of nine women and three men found the former neuroscience graduate student guilty of all 165 charges of first-degree murder, attempted murder and explosives charges related to his rampage. REUTERS

Last week, the jury found the prosecution had proved "aggravating factors" which, the state argued, made James Holmes' crimes especially heinous and deserving of execution. / GETTY IMAGES

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Five things you need to know

1 Facebook to scale up free mobile Internet service to boost usage

Facebook plans to scale up its service to offer free basic Internet on mobile phones, an executive said, after introducing the application in 17 developing countries over the past year.

In a blog post released to mark the first year of the initiative, Facebook said it will open a portal allowing any mobile operator to offer the service under its Internet.org platform. Facebook currently partners with specific operators to launch the service in different countries.

Internet.org has brought over 9 million people online over the past year, Chris Daniels, vice president of product for Internet.org, told Reuters on Monday. Facebook developed the platform with six technology partners to bring an estimated 4.5 billion unconnected people online, mainly in Latin America, Asia and Africa.

It offers paredown web services for free to users along with access to Facebook's own social network and messaging services.

Facebook's blog post said that over the past year, the service had brought new users onto mobile networks on average over 50 percent faster and that more than half the people using Internet.org are paying for data to access the wider Internet within 30 days. REUTERS

2 Body found in suitcase in Washington state for second time

Police in the city of SeaTac, Washington, said on Monday they had responded to reports of a body found in a suitcase, the second time in six weeks a corpse has been found stuffed into luggage in the area.

The body was discovered at an apartment complex in SeaTac, home to Seattle-Tacoma International Airport, by a worker at about 8:30 a.m., King County Sheriff's Office spokesman Stan Seo said on Twitter.

In June, police asked for the public's help in solving the mystery behind a woman's body found in a suitcase and left near a river outside of Seattle. REUTERS

3 Goldman Sachs must pay $1.8 million

A Goldman Sachs unit must pay $1.8 million for not reporting "substantial" details about its alternative trading system orders to a system that tracks that information and also for other lapses, Wall Street's industry-funded watchdog said.

Goldman Sachs' clearing and execution unit failed to send "a substantial number" of details about orders to a Financial Industry Regulatory Authority auditing system during a seven-year period, the regulator said. REUTERS

4 Teva to buy Allergan generics for $40.5 billion

Israel's Teva Pharmaceutical Industries will pay $40.5 billion in cash and stock for Allergan's generic drugs business, solidifying Teva's position as the world's No. 1 maker of generics while freeing Allergan to focus on branded drugs, paying down debt and potential "transformational" acquisitions.

The deal, the largest in Israel's corporate history, allows Teva stronger economies of scale, crucial in the low-margin generic drugs business. Teva, which dropped its hostile pursuit of Mylan, will likely have to sell off some drugs to allay antitrust concerns. REUTERS

5 Marines to decide soon on F-35 fighter combat-readiness

The top U.S. Marine Corps aviator said an initial squadron of 10 Lockheed Martin F-35 fighter jets met all the requirements for a declaration of combat-readiness during a recent review, and a decision from Marine Corps Commandant Gen. Joseph Dunford is expected soon.

Lt. Gen. Jon Davis said Dunford is reviewing all the paperwork supporting the decision. "I think it's soon. I'm not going to rush Gen. Dunford. He's a busy guy," Davis told a telephone news conference. REUTERS

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Bobby Brown is 'completely numb' after daughter's death

Coma and life support. Bobbi Kristina spent her last months in two Atlanta hospitals, a medical rehab facility and a hospice.

Bobby Brown and Bobbi Kristina / GETTY IMAGES

Bobby Brown is "completely numb" following the death of his daughter with Whitney Houston, Bobbi Kristina, according to a statement released to the public.

"Krissy was and is an angel. I am completely numb at this time," Brown wrote. "My family must find a way to live with her in spirit and honor her memory. Our loss is unimaginable. We thank everyone for the prayers for Krissy and our family as we mourn my baby girl."

Bobbi Kristina was found unconscious in a bathtub six months ago and had been in a coma until her death on Sunday.

"Yesterday Bobbi Kristina Brown took her place in heaven," Brown's lawyer wrote in his own statement. "Krissy fought to get well for months, however she has [succumbed] to her injuries."

Bobbi Kristina was the only child of singers Whitney Houston and Bobby Brown. She was just 22 years old when she passed. **MATT LEE**

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Robert Kiyosaki will not attend this event.

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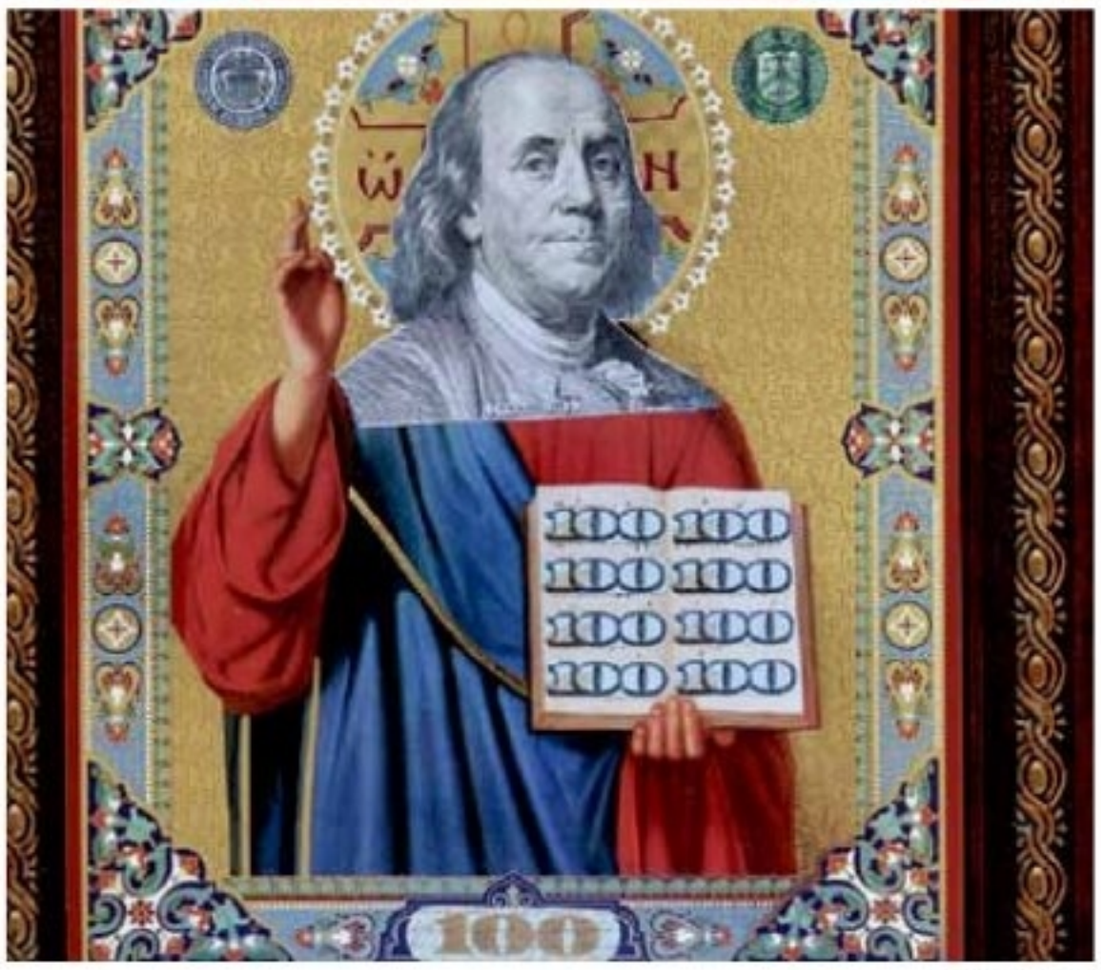

DYACHYSHYN.COM

Photographic project

Face of a saint

Money, it is argued, is the world's true religion — and that is the theme one Ukrainian artist is grappling with. In his "St. Franklin" series, Yurko Dyachyshyn has hand-crafted what look like Orthodox Christian icons, but on closer inspection collages that incorporate Benjamin Franklin, the face on the $100 bill. MWN

Q&A

Interview with Yurko Dyachyshyn

What sparked your interest in Benjamin Franklin as a "saint"?
This idea crossed my mind when the national currency of Ukraine hryvnia (UAH) had plunged in value and all the news covered its exchange rate with the U.S. dollar. Dollars were indeed hard to buy, monetary panic had intensified and the currency issue touched practically everyone. People figuratively prayed to the dollar and euro. That's why I decided that it is high time to make a project that would later become known as "St. Franklin."

But why not George Washington or other famous figures who grace dollar banknotes?
For the post-Soviet space, and for Ukraine in particular, a $100 bill has always been a symbol of wealth, prosperity, measure of payments and a pattern of material happiness.

What is your process behind these collages?
All these works are handmade using sacred Orthodox icons and $100 bills (real and souvenir).

What is the artistic message in this series?
This is just another example of visualization of materialism. The cult of St. Franklin worship is extended in different manifestations and forms around the globe. "St. Franklin" may have different semblances and may change depending on time and location, embodying the actual visual form for a specific period and space — it could be dollar, euro, yen, gold, diamonds, Ferrari, etc. It may have different names, but all this is the cult of St. Franklin. I often joke that I'm gonna establish a new religion of "St Franklin followers."

DANIEL CASILLAS / METRO WORLD NEWS

HEPATITIS C: **A FORGOTTEN DISEASE. A GLOBAL EPIDEMIC.**

Here's something that you may not know. Hepatitis C (Hep C) is a serious disease that affects up to 150 million people worldwide—and 3.5 million in the U.S. But because the disease is slow moving, and symptoms may not appear for years or even decades, chronic Hep C is often pushed to the back of the mind, or forgotten.

There's something that shouldn't be forgotten—if left untreated, Hep C can lead to liver damage and potentially liver cancer.

HEPATITIS C: **THE FORGOTTEN FACTS**

DID YOU KNOW, IN THE U.S.:

#1 **Hep C is the number one cause of liver cancer and liver transplants**

x5 **Baby Boomers (people born between 1945-1965) are 5 times more likely to have chronic Hep C than other adults**

75% **Up to 75% of people with Hep C are unaware that their livers are slowly being damaged**

HEPATITIS C: **IT CAN BE CURED**

The good news is that Hep C hasn't been forgotten—Hep C can be cured. In fact, there's never been a better time to rethink Hep C because in the last few years, scientific advances have made treatment shorter and more effective than previously. Cure means the virus is not detected in the blood when measured 3 months after treatment is completed.

If you or someone you know want to learn more about Hep C, get the facts and talk to a Hep C specialist.

World Hepatitis Day: It's time to rethink Hep C.

Call a Hep C Educator at **844-4HepcHope** who can answer your questions and help prepare you for a conversation with your Hep C specialist. Register for more information at HepcHope.com.

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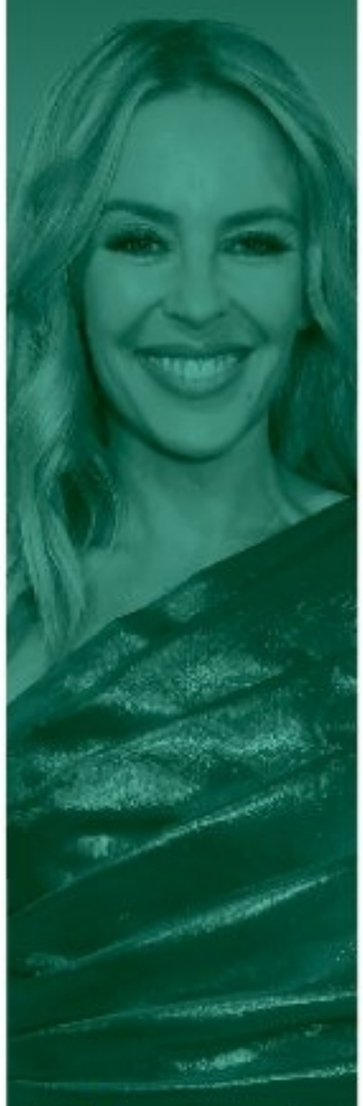
CULTURE



Twitter feed

Today, Oprah Winfrey is mourning, Ricky Gervais has good advice, Mark Duplass is confessing, Kylie Minogue is tickled and Seth MacFarlane is bummed.

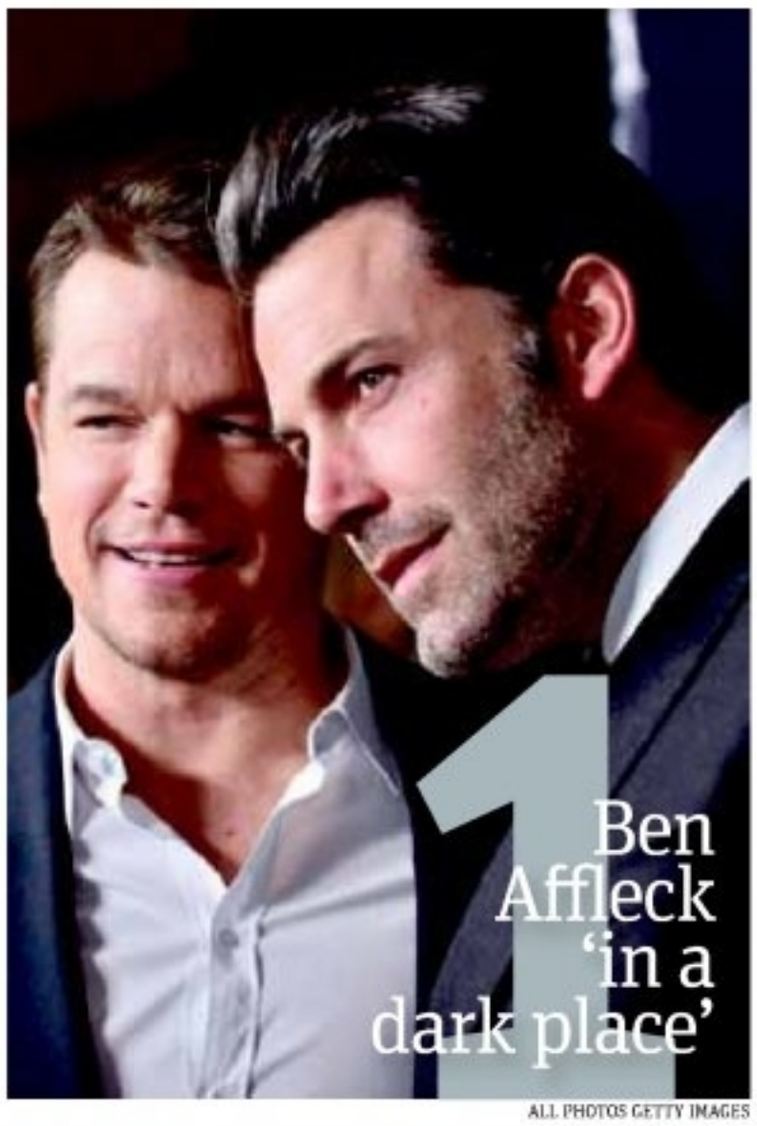
@Oprah: Peace at Last! #BobbiKristina

@rickygervais: When someone tweets you something unpleasant just look at their bio & their previous tweets & I guarantee you'll feel better.

@MarkDuplass: Junior year of high school I took my date to a George Winston concert.

@kylieminogue: Oh, life's little pleasures. What is yours?

@SethMacFarlane: Aw man, my old Discman finally broke. Time to go rack up 25,000 Skee-Ball tickets again.



ALL PHOTOS GETTY IMAGES

1 Ben Affleck 'in a dark place'

So how is Ben Affleck handling things following the announcement of his impending divorce from Jennifer Garner? Not very well, apparently. Luckily his best buddies, Matt Damon and agent Patrick Whitesell, are there to help. "Ben's taking all the blame for the end of his marriage. He didn't want her to leave, but he gave her no choice," a source tells Radar Online. "He's really in bad shape, and Matt and Pat are urging him to get past this as quickly as possible and stay focused on the work ahead of him. They have formed a tight circle of protection around Ben and are determined to keep him from a full-on breakdown." Sounds intense, bros. "He's naturally a workaholic anyway," the source adds, "but he's in a dark place now, and only time and his friends can help pull him through."

Coco and Ice T are expecting

Ice T and wife Coco Austin have some big news ahead of next week's premiere of their new daytime talk show, "Ice and Coco." Austin is pregnant with their first child, she confirmed on Twitter after making the reveal during a taping for the show. "I'm pregnant! Yah! Ice & I are so excited," she tweeted. Ice T has two children and a 20-year-old grandson, but this will be the first child for the couple, who have been married 14 years.

3 Kanye does literal mic drop

Ten minutes into performing at Toronto's Pan Am games, Kanye West was over it. The rapper was apparently experiencing technical difficulties and didn't feel he could perform the rest of his multisong medley. But this being Kanye, he didn't just apologize to fans and walk off. He threw the mic in the air and left the stage with no explanation. According to Billboard, he planned on closing with "Gold Digger" but peaced out early, leaving the 40,000 people in the crowd to wonder if he was coming back. He didn't. Being Canadians and all, the fans didn't freak out. Most were happy with the shortened performance they got. Then again, this country is responsible for Justin Bieber. They're used to way worse behavior.

EMILY LAURENCE

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

There is a 'Jurassic World' gay porn parody, and it is wonderful

How could you possibly improve on "Jurassic World," the summer's biggest movie? How about with a cheaply made Thai gay porn adaptation titled, simply, "Jurassic Porn" and featuring guys in what I guess are supposed to be dinosaur suits? If the amazing (and totally SFW) trailer is any indication, it will be a bizarre, cross-cutting mix of "Scooby Doo"-like comic antics and tender all-male three-ways. As they say, "The hunting will be happening." Oh, and, "The exciting between human and dinosaur" does sound pretty, um, exciting. Wonder what Chris Pratt would think.

GTHAI FILM, YOUTUBE

Daily video

EXPLOSMENTERTAINMENT, YOUTUBE

The perils of parenting

Those mischievous imps at Cyanide and Happiness are at it again with a new, super-short and super-funny animated comic to brighten your day. This one, "Cooking," takes on the age-old kid tradition of macaroni art and gives it a new spin — and a shocking twist. So ... enjoy?

How Paula McLain found her new muse

Interview. The author of "The Paris Wife" is back with a new historical fiction novel, this time transporting readers to 1920s Kenya.

Paula McLain's book "Circling the Sun" is out today. / NINA SUBIN

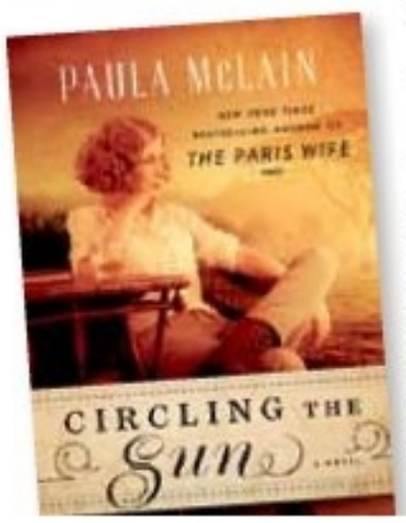
People are always telling author Paula McLain who to write about next. "I'll be at Target and [someone] will say, 'Oh, James Joyce had a crazy wife. You should write about that!'" says McLain, whose first book, "The Paris Wife," a historical fiction about Ernest Hemingway's wife, became a New York Times best-seller.

An instant spark

Three years later, McLain is back with another historical fiction book, "Circling the Sun," this time about Beryl Markham, a glamorous British expat living in 1920s Kenya, who had no shortage of adventures and affairs.

"I had a million ideas about who to write about next, but for me, there has to be a mysterious, powerful, profound connection," McLain tells us. "I felt that instantly with Beryl when I read her memoir 'West With the Night.'" McLain had never heard of Markham, but she says the connection was immediate. "All the hairs on my arm just stood up, and I thought, 'I don't know who this woman is, but I am going to write about her. That's it. It's done.'"

An unexpected connection



As she did more of her research, she discovered amazing connections she had with Markham, such as the fact that their mothers had both abandoned them at the age of 4 and re-entered their lives at the exact same age of 20. "It was completely crazy. I was driven to understand her because we share an emotional DNA," McLain says.

McLain says once she realized their common connection, the architecture of the book came together quickly. "I knew I wanted to write about her early life as opposed to her later life because I was interested in how she got the way she was," McLain says. "Gossip followed Beryl her whole life. It's like, who didn't she sleep with? … I was compelled to psychoanalyze her based on some of my own psychology because we had this piece of the story."

The original Adventure Barbie

And interesting Markham was indeed. She became the first woman licensed to be a professional racehorse trainer as well as the first woman to fly solo across the Atlantic from east to west. She had countless affairs, including one with a prince.

Markham loved Kenya — "It was truly her Eden," McLain tells us — but McLain resisted visiting Africa until after the book was written. "I wrote 'The Paris Wife' at the Starbucks near my house. I couldn't go to Paris, so I imagined it," she says. "I think my energy for the book really came from the fact that I had escaped to 1920s Paris." It worked so well that she did the same thing while writing "Circling the Sun," though she did go to Kenya after completing the draft. "You can't really go to Paris in 1922. You can't really visit Kenya in 1917, except in your imagination," she says.

McLain says she is most excited for the readers of "The Paris Wife" to read "Circling the Sun" because the two respective protagonists are both fascinating yet completely different from each other. "Hadley [Hemingway's wife] was a middle-class woman who was swept away to Paris. And of course Beryl doesn't need a man to sweep her off her feet because she sweeps herself away."

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DEZZIE

The good and BaddDDD of BlackStar

Onscreen.
Ebony called the annual Philly film festival "the black Sundance."

Actor Michael K. Williams, BlackStar founding artistic director Maori Karmael Holmes and Mayor Michael Nutter attended last year's BlackStar Festival. This year's fest runs Thursday to Sunday in University City. Venues, showtimes and tickets are at Blackstarfest.org.
BLACKSTAR FILM FESTIVAL

Three greats of the arts will be featured in documentaries at this year's BlackStar Film Festival, celebrating works by and about people of African descent.

But only one is BaddDDD.

"BaddDDD Sonia Sanchez," from city filmmakers Barbara Attie, Janet Goldwater and Sabrina Schmidt Gordon, will make its Philly debut on Saturday at International House.

"We want to put her on the national stage," says Goldwater of the poet. "She had thousands of students, and people know her and love her, but they only know a piece of her story. To the extent that we can in an hour and a half, we're going to give you her whole life."

Sanchez was one of the leading figures of the Black Arts Movement of the 1960s and has lived in Philly since she started teaching at Temple in the '70s. She just concluded a two-year term as the city's poet laureate. Questlove, Talib Kweli, Amiri Baraka, Ruby Dee and more were interviewed for the film.

"She combined folk and poetry with music and dance and also political activism, and she's always moving the discussion forward," Goldwater says. "People who know her appreciate her, but she's never been front and center like some of her contemporaries. It's amazing that she's right here in Philadelphia."

The filmmakers' last work, 2009's "Mrs. Goundo's Daughter," was broadcast on PBS.

As for BlackStar's other arts docs, actress Ruby Dee, who passed away last year, tells her story with actor-husband Ossie Davis in "Life's Essentials with Ruby Dee," and "August Wilson: The Ground on Which I Stand" spotlights the late Tony- and Pulitzer-winning playwright.

Homegown films this year include "The Block" by K. Tristan Santana, "Sara & Dennis" by Shahin Izadi, "Take 5" by Jasmine Callis and "Dice" by Viraj Nayar.

CHRIS JORDAN
@MetroPhilly
letters@metro.us

Family reunion

Lights, camera, interaction

Even though the acclaim for the fest has been great — Ebony magazine called it "the black Sundance" — the experience is still manageable enough for filmmakers and fans to make connections, says founder Maori Karmael Holmes.

"Now it feels like a family reunion," Holmes says. "I definitely feel that aspect is there of filmmakers attending who want to see friends, and they see our space like that. It is a place for the audience to get close to the filmmakers and have those who are curious about the process ask questions."

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TV watch list

DRAMA

'Pretty Little Liars'

Aria's big break at a gallery is ruined when "A" causes issues. Do the kids on this show use "'A' ruined it" instead of the usual "dog ate my homework" excuse?

8 P.M., ABC FAMILY

What season is it in Rosewood? Spencer has a knit hat and long sleeves, but Aria is going sleeveless. What does it all mean? / ERIC MCCANDLESS, ABC

MOVIE

'Oblivion'

Tom Cruise is in trouble again, this time as a man who's working on a post-apocalyptic Earth. As poor Tom always learns, he may be in more trouble than he realizes. But will he be forced to run somewhere really fast? (Yes.) **7 P.M., FX**

GAME SHOWS

'Hollywood Game Night'

Think Rosie O'Donnell and Weird Al can solve some puzzles together? Time to find out, because they're on the invite list for tonight's games, alongside Nate Berkus and Rocco DiSpirito.

10 P.M., NBC

TALK SHOWS

'The Late Late Show with James Corden'

Trevor Noah stops by to talk to Corden tonight, who may know a thing or two about taking over a comedy show from a much-loved prior host.

12:35 A.M., CBS LISA WEIDENFELD

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Grim subject, really fun set

"The Stanford Prison Experiment," with Michael Angarano in the foreground and Ezra Miller to his immediate right, re-creates the infamous study in which young men simulated a prison experience, with chilling results. The film hits theaters Friday. / IFC FILMS

Interview. "The Stanford Prison Experiment" tells a dark story. Ezra Miller and Michael Angarano still had a blast making it.

The notorious 1971 Stanford prison experiment — which involved 24 young men re-creating prison life — quickly devolved into psychological torture. But the new movie made about it was like summer camp. Ezra Miller (recently cast in the new Flash movie), who plays the most sensitive fake inmate, and Michael Angarano (now on "The Knick"), who plays the most sadistic fake guard, actually and heartily laugh at the idea that re-creating a simulation left them haunted.

So you weren't haunted?
Michael Angarano: No, not even close. Actually the complete opposite of being traumatized.
Ezra Miller: Strangely enough, making this movie was, I would say, incontestably a really fun, wonderful experience.

How did director Kyle Patrick Alvarez wrangle you all to get the shooting done?
EM: With amazing grace and aplomb. And patience. There were maybe a couple times when it was like, "Guys, we have to focus, please." But I think he was really pleased that we were getting along and that we weren't re-creating the re-creation of the Stanford prison experiment. We weren't engaging in that horrible act of metaphysical self-incarceration. We were, in fact, all having fun.
MA: There were moments when we were doing those lineups. Those would always stray from the script because a guy would actually forget his number, and we would have to start over.
EM: And Michael would then attack them.
MA: That was really interesting. I was trying to go by the script, then someone would really mess up when they weren't supposed to. And it would be like, "OK, you've got to start over." It was moments like those when they were in the palm of my hand, and they had to obey me. I would have to exert the actual character's power.
EM: That's as far as the dangerous symbiosis of art and life went. There were times that came close. It would be time to do the lineups, and the prisoners would be hanging out in their cells, and the guards were out in the hallways. They would hear it was time to shoot, and they would come around with their billy clubs and be like, "Guys, it's time." And I would say, "No, no, no, no. I'll do the shot when [the assistant director] says to do the shot." Especially as someone who was playing a prisoner, I was desperately invested in us not re-creating the Stanford prison experiment.

Michael, the guy you're playing has claimed he was just play-acting — that he felt he was doing good by helping ramp up what happened.
MA: He was having fun. That takes a special skill. He was able to detach himself from himself and his own emotions. Which is kind of like a sociopath.
EM: It also sounds like an actor — uncomfortable enough as that statement is. [Laughs] "And who engages in that kind of behavior? Actors. Beware."
MA: But you never really thought of him as a bad person. He was somebody who made a kind of artistic choice. He did want to be an actor. I haven't met that person in real life, but I would think he would actually be very intelligent. He never thought he was doing something bad. He just wanted to instigate the experiment because he was getting paid.

EZRA MILLER AND MICHAEL ANGARANO
GETTY IMAGES

One more thing

The dark side

The findings of the experiment have been cited in things like Abu Ghraib. But it also applies to social media. Jon Ronson, in his book "So You've Been Publicly Shamed," devotes most of a chapter to it, pointing out that the Internet unlocks sociopathic parts of us.
EM: Social media provides not only the nightstick but also the glasses, creating this superficial shade of anonymity. It creates a mask to cover our identity. From behind that, people are much more readily willing to expose their relationship to power structures. This experiment is critical on every level when you think about social media, because a lot of what you see played out there that is so intense and horrifying is stuff that results from the power dynamics we've created in our culture — a lot of hetero-patriarchy, homophobia, transphobia, racism, sizeism. People with that mask are ready to step in and take advantage of their part of the power structure. It's just guard and prisoner. When we place superiority on one group of people, we're creating a power structure that people are going to act on, people are going to take advantage of. It's a call to each of us to step up and really think about how we can restructure society because obviously we have to, or we're all going to f—ing die.

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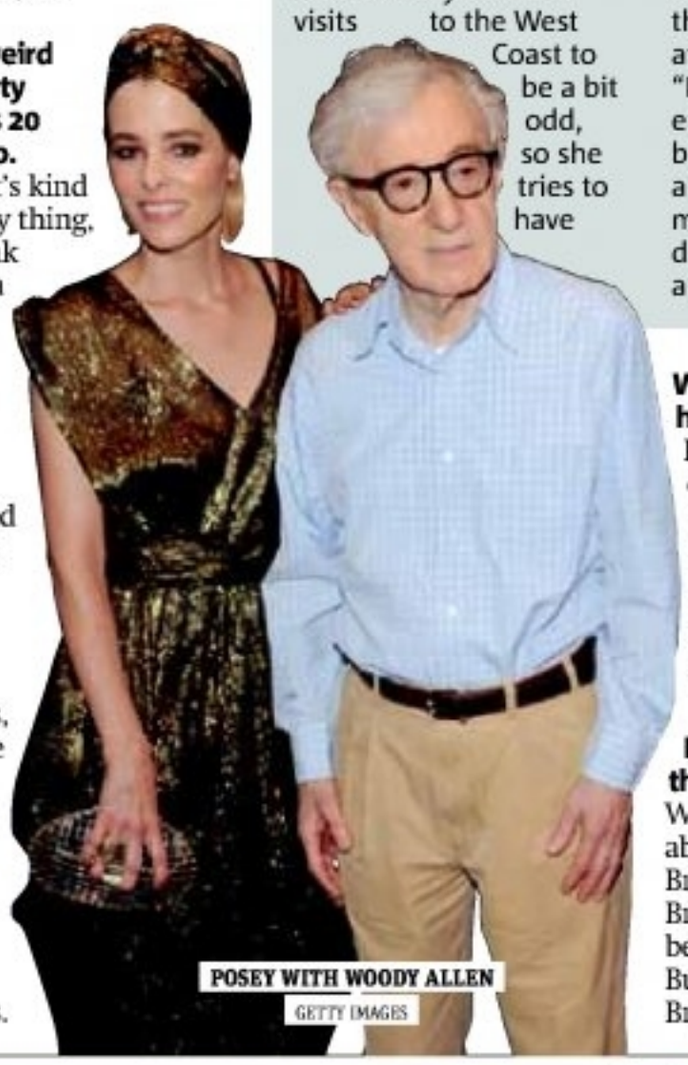
Film. Parker Posey talks Woody Allen, indie film and Brooklyn, the brand.

‘I’m too old for Brooklyn’

Posey gets cozy with Joaquin Phoenix in “Irrational Man.” / SONY PICTURES CLASSICS

Parker Posey became a darling of NYC indie film 20 years ago with “Party Girl,” and since then, she’s had a front-row seat to how the city and the industry have changed. Now she’s in her first Woody Allen film, “Irrational Man,” and it’s surprising a team-up between the two has taken this long. But Posey says it was worth the wait.

When you get called for a Woody Allen movie, that’s got to be special.
He’s an inspiration to filmmakers and actors who are comedic and dramatic at the same time. And no one writes women like he does. Some of these lines that I got to say, I was very excited about.



POSEY WITH WOODY ALLEN
GETTY IMAGES

It feels weird that “Party Girl” was 20 years ago.
I know. It’s kind of a heavy thing, but I think 9/11 did a number. There’s a decade that’s kind of missing. It changed movies. I thought there would be more comedies, and there have been comedies, but there’s violence in these comedies.

East Coast girl

Parker Posey’s L.A. experiment

An inveterate New Yorker, Parker Posey can find visits to the West Coast to be a bit odd, so she tries to have some fun with them. “A few years ago, I would drive around in the passenger seat of my friend’s car, and I thought it was funny to just roll down the window and shout at people,” Posey says. “No one in L.A. talks to each other on the street because they don’t really like each other that much. They’re really trepidatious about each other and a little shy and fearful. So I thought it would be funny to just go, ‘Hi! Hi! I’m a vegan!’ to people walking across the street. Because people were talking about how they were vegan a lot then. They were also talking about how they don’t eat — ‘Like, I don’t really eat.’ I was hearing that a lot, too. I heard that, like, three times once when I was in L.A. And I’m like, ‘Wow. I ... I do.’”

What do you think of how NYC has changed?
I hear people are moving out of Brooklyn and coming back to Manhattan and moving to Harlem. It’s more expensive now to live in Williamsburg than it is to live on the Lower East Side.

How about how much the scene has changed?
What you’re really talking about is the branding of Brooklyn. I like to call Brooklyn “Broolington” because it’s kind of like Burlington, Vermont, and Brooklyn. Or “Broomont.” You’ve heard of “bobo,” too? The bourgeois bohemians? So Brooklyn is like a brand now, and I like it. But I feel like I’m too old to live there. [Laughs] That’s so funny to say. Isn’t everyone in Brooklyn, like, under 36?

They probably want you to think that.
Oh, my God, the beards alone, the male facial hair — I like that, though. It’s funny to me.

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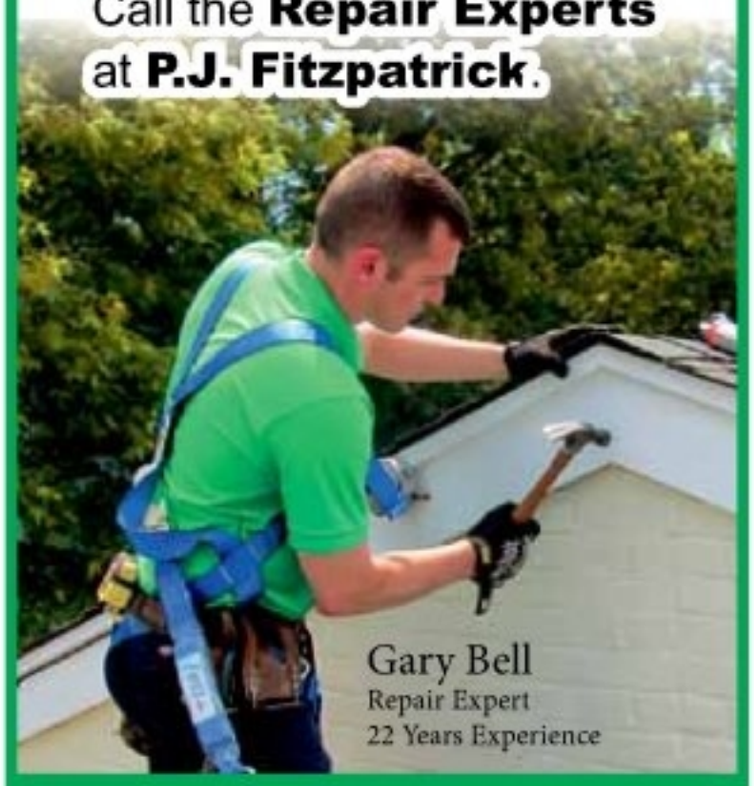

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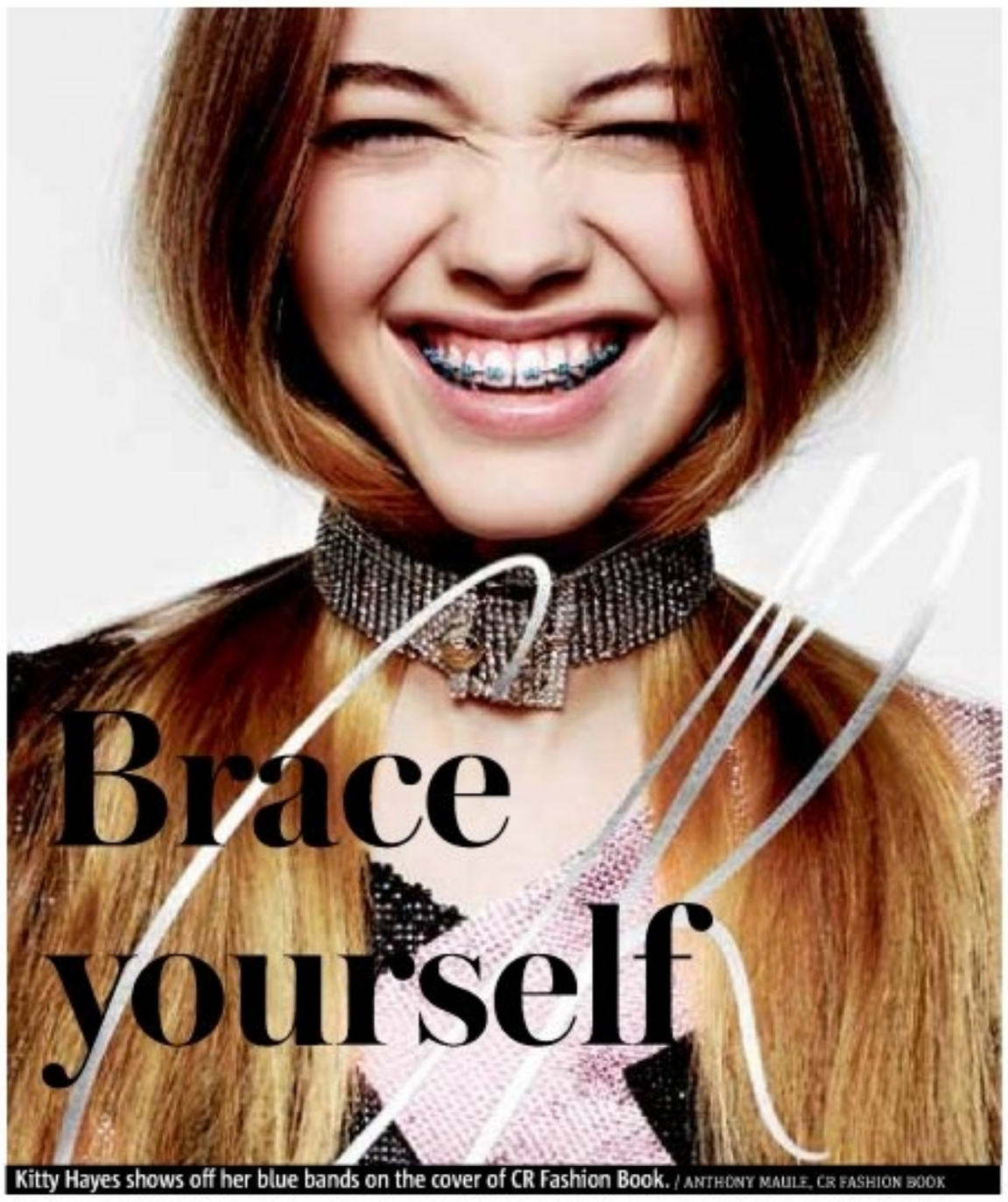
Fashion's latest obsession: orthodontia. And we kind of love it.



Kitty Hayes shows off her blue bands on the cover of CR Fashion Book. / ANTHONY MAULE, CR FASHION BOOK

A few weeks ago, Hood by Air — the New York-based label that has taken the fashion world by storm — took its gender-bending streetwear to Paris for the men's Spring 2016 collection. Designer Shayne Oliver showcased all his signatures: the logo-emblazoned sweatshirts, the pleated hobble skirts, the fetish pants — as well as another, more recent HBA-runway fixture: hardcore orthodontia.

This wasn't the first time braces have broken into high fashion lately. Opening Ceremony featured metal-mouthed model Charlie James in its Fall 2015 presentation. He managed to steal the spotlight from such high-profile guests as Spike Jonze and Chloe Sevigny, too. HBA had dental hardware in its previous runway show in New York. And former French Vogue editor — and arbiter of all things chic — Carine Roitfeld put a giddy, braces-wearing teen on the cover of her glossy CR Fashion Book in February.

So, are braces — the source of so much adolescent awkwardness and humiliation — suddenly … cool?

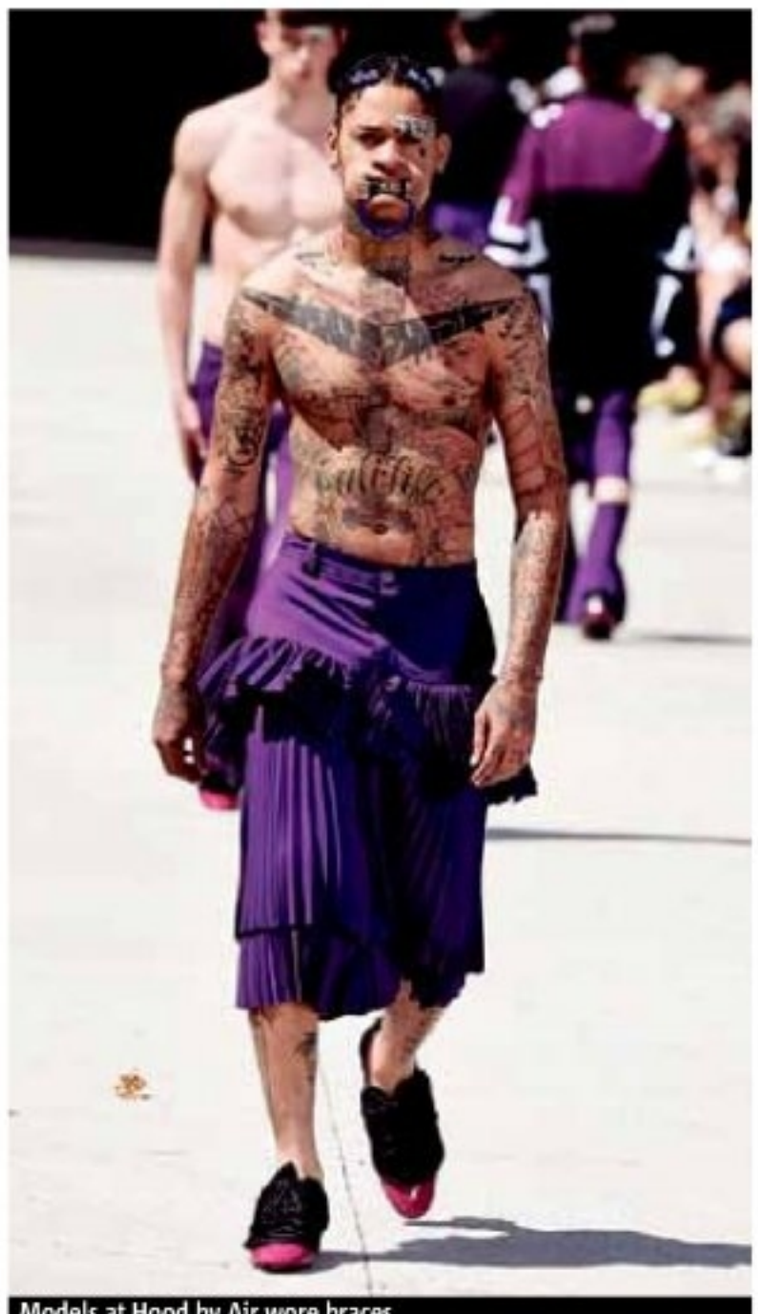
"I don't know if it's something where you're going to be seeing people running out and getting braces or fake braces as a fashion statement," says Megan McIntyre, beauty director at lifestyle site Refinery29. "But it is part of this trend away from the flawless, airbrushed beauty of a few years ago to something more approachable by embracing things that were once awkward and uncool."

Take glasses, which used to prompt taunts like "four eyes," or freckles, which women used to hide by slathering their faces in foundation. Now, Taylor Swift sports giant Elvis Costello specs and H&M's more posh sister & Other Stories and Topshop sell "freckle pencils" so the unblemished can fake their own spots.

And while plenty of brands, like Balmain, go after the burnished glamour of Kim Kardashian or Kendall Jenner, it says something that two of the biggest "it" girls of 2015 have been the late Mexican painter (and resplendently unibrowed) Frida Kahlo and octogenarian writer Joan Didion, who starred in French label Celine's Spring 2015 campaign.

"I think it's less about ridiculous trends than about seeing people in pop culture with more natural traits — gap teeth, untreated hair, a model with a skin condition that she doesn't hide," says McIntyre. "Braces serve a medical purpose, but they're something that so many people have and feel ashamed of."

"It does show that the industry's perceptions of beauty are broader than they used to be, even if models do have to still conform to specific standards," says fashion and beauty writer Arabelle Sicardi, citing the persistent dearth of non-whites on the runway. "But every magazine wants to be — has to be — feminist now, and so you'll see more body hair, freckles, glasses, big eyebrows. It is a sign of progress."


Models at Hood by Air wore braces and blinged-out grills. / GETTY IMAGES

Model Charlie James preps for Opening Ceremony's spring show. / GETTY IMAGES

And there's something refreshing about letting models — who are, after all, teenagers — just be themselves. "I think it's about making braces your own, making it part of your look," adds Sicardi. "I love when agents cast models with braces. It gives this message that they're OK. It's a cute risk to take."

RAQUEL LANERI
Ⓐ RaquelLaneri
raquel.laneri@metro.us

Time warp

Another reason braces are appealing to so many designers: nostalgia (think of all the '90s raver gear and '70s boho rocker styles dominating the fashion landscape). And, really, what's more flashback-inducing than a mouth full of metal?

"It's kind of funny in a way — we consider braces cute and quaint, and they're kind of kitschy and remind us of childhood," says Sicardi. "Though they're something that we did not enjoy wearing at the time."

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Aries Sign up to take part in stimulating educational or intellectual discussions. Any enhancement to your skills will serve you well in the future.

Taurus Be wary of tempting financial deals. Unless you know all the details and facts, you are likely to face a financial downturn. Invest in yourself.

Gemini Adjustments to your personal life should be put into play if you are feeling abused or unappreciated. Don't stay in a situation out of habit.

Cancer You will know in your gut if an upcoming opportunity to make a change is right for you. Guard against disappointment by getting a contract.

Leo You will make a good impression on someone and will experience growth and change. A new project will become a lucrative endeavor.

Virgo You will be uncertain regarding your next move. Take time to make an informed decision and don't give in to overbearing individuals.

Libra Personal difficulties will be resolved if you open up. Someone who has gone through a similar circumstance will offer sound advice.

Scorpio Financial risks should be avoided. It is necessary to set the record straight for a meddling family member who wants to become involved.

Sagittarius Someone who has caused you pain will try to make amends. It's up to you to decide if this person deserves a second chance.

Capricorn Don't fall for insincere flattery. Read between the lines. Not everyone who praises you is being honest. Don't allow yourself to be used.

Aquarius Your honest nature will cause someone to seek your advice. Be careful that your empathy doesn't cause you to take on someone else's problems.

Pisces Your hard work will be rewarded. Do what you can to the best of your ability, and ignore those who try to make you feel unworthy. **EUGENIA LAST**

metro.us/crossword

Across

1 Gift-tag word
5 Summarize
10 Goat cheese
14 Rocker Jon Bon —
15 In the least (2 wds.)
16 Unwelcome obligation
17 Comet, to an ancient
18 Pantyhose hue
19 Gam or Rudner
20 Old movies, maybe
22 Got one's act together (2 wds.)
24 Eccentric
25 Fluffs, as hair
26 Cartoon shrieks
28 Rides the rapids
32 Certain autumn colors
35 Auricle
37 Major oil exporter
38 Guitar, slangily
39 In leaf
41 Bleachers shout
42 Returns
45 Snowmobile part
46 Extremely
47 Wander
48 Sicilian spouter
50 Barked
54 Plains roamers
58 Made twice as clean
61 Run a baseball team
62 Declare frankly
63 Pond growth
65 First name in jazz
66 Vaccines
67 Archaeology find
68 Proofer's word
69 Zebras, to lions
70 Stock or bond
71 Rookie

Down

1 Viking's bay
2 Bard's teen
3 Conspicuous
4 Jiffies
5 Ship deserters
6 Plato's H
7 Grounds
8 — Centauri
9 Urgent requests
10 Knew beforehand
11 Oklahoma town
12 Dance wear
13 Pronto
21 PBS "Science Guy"
23 Where Cuzco is
25 Autocrat
27 Barrels
29 Writer Kellerman
30 Level
31 Overnight visit
32 Flashlight output
33 Toll-booth site
34 Wapiti
36 Matter, in law
37 Clingy fabric
40 Just scraped by
43 Payment plan
44 Does Easter eggs
46 Least humble
49 Shaq's org.
51 Tibet's capital
52 Hides
53 Beats by a hair
55 Like pretzels
56 Certain wolf
57 Cool!
58 Grate upon
59 Even once
60 Sported
61 Assemble
64 Dart-thrower's quaff

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		6	5	2				
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	3		4		5		6	
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			6					9

hard

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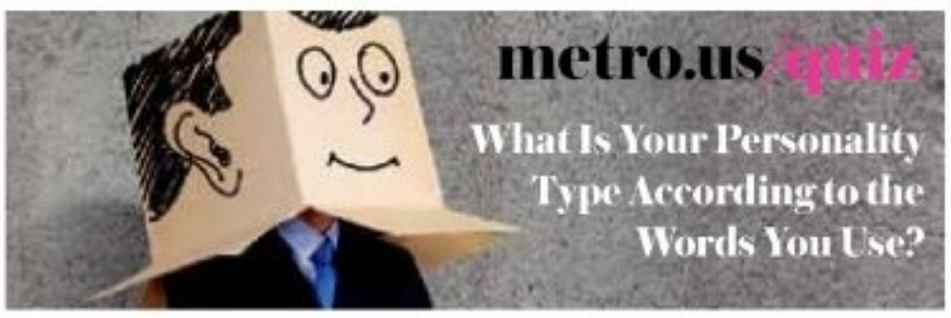

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Damon Gameau finds the sickly sweet truth of "healthy" foods in "That Sugar Film."

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What if sugar were keeping you from living your best life?

We're not just talking about kids bouncing off the wall from Pixy Stix, though that's certainly a relevant example. It's about the sugar that's being routinely added to foods we think of as healthy. Over 80 percent of the products on supermarket shelves contain added sugars. Could it all have a role to play not just in our deteriorating physical wellbeing but also our mental health?

The research into the extent of sugar's role in everything from metabolic syndrome and fatty liver disease is ongoing, but filmmaker Damon Gameau went looking for his own answers by giving himself the Morgan Spurlock treatment in the new documentary "That Sugar Film."

He didn't live on ice cream and soft drinks for two months — he ate what's labeled as "healthy" on supermarket shelves: yogurt, canned vegetable soup, juice, dried fruit, cereal and other foods considered good for you but which contain hidden sugars.

Rapid decline

The physical results were shocking: Gameau put on almost 7 pounds in 12 days and developed fatty liver disease, which can lead to liver failure, by day 18. By the end of the experiment, Gameau had gained nearly 19 pounds, had warning signs of Type 2 diabetes and gained 4 inches around his waist.

Results like Gameau's have been coming in from scientific studies for years, prompting a (coincidental) "endorsement" of "That Sugar Film" last Friday by the FDA, which proposed separating added sugars on the redesigned nutrition label.

While Gameau's physical results were alarming, he also noticed effects that are less studied but gaining attention among researchers. He didn't just feel calmer before sugar but also balanced and present.

"I knew what kind of person I was when I wasn't eating that kind of food — when I was eating real, whole food, fresh fruit and vegetables," he recalls.

"I just looked forward to getting back to that person because he was a much better person, much calmer."

Panic mode

Gameau's nutritionist drew a fascinating graph to show the spike in blood sugar being countered by the release of insulin then plummeting without the fiber and healthy fats to keep it steady, which prompts the brain to panic, thinking that it's running out of glucose. Adrenaline is released until you give it what it wants, and the cycle just keeps repeating.

"Once I started having these sugary foods, I was fine once I had the sugar for about 40 minutes, and then I really started feeling the effects. My concentration would disappear," Gameau recalls.

The experiment even began straining his marriage. "My wife would often comment, 'Where have you gone — you're gone again!' I'd disappear from whatever conversation we were having until I had some sugar again," he says.

Though he exercised three times a week before starting his sugary diet, Gameau also lost all his motivation to move, saying he "felt like lying down all the time." Science is beginning to catch up to the fact that we can't just burn off anything we eat, as various calories react differently within the body.

"There are millions of people out there that can relate to [my experience], who might be living a life they're not aware of fueled by this kind of food," he says.

"Whereas if they started to change some of their eating patterns, they begin to see some fundamental changes to how they see the world."

"That Sugar Film" is out in select theaters and on demand July 31.

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A spoonful of clay a day keeps the impurities away, or at least that's what advocates of the trendy clay cleanse claim.

The treatment is nothing new though, with volcanic ash having been used in healing practices for centuries.

Perry Arledge, author of "Living Clay, Nature's Own Miracle Cure," explains that clay "is like a Pac-Man gobbling up all the waste — basically cleaning house from the mouth south."

The logic is that it works inside your body the same way it does on the outside: Clay is a common ingredient in face masks and spa body wraps. It's thought to sweep away newly absorbed toxins, neutralize acidity, soothe inflammation and cleanse the colon to boost the absorption of vitamins and nutrients.

For all those good properties, eating clay can come with some downsides. "The Herxheimer reaction is a short-term detoxification reaction in the body. It is caused by the release of toxic chemicals from the cell walls of dying bacteria due to effective treatment," Arledge warns.

There's also a risk of iron deficiency, so clay cleanses aren't meant to be done long-term, and you have to make sure to keep hydrated while on the cleanse.

As the body detoxifies, it is not uncommon to experience flu-like symptoms, including headaches, general malaise, sweating, chills or nausea. Constipation is another common symptom for about 20 percent of people.

It may also change your bowel movements in an unusual way, making your body's waste products smell metallic.

The other downer of the product is that it could, ironically, be detrimental to your health, with the U.K.'s Food Standards Agency issuing a warning about clay after high levels of lead and arsenic were discovered in some products. So make sure to read those labels.

We tried it

To see if this detox is worth the hype, I tried a week-long cure of Cattier Superfine Green Clay. It is montmorillonite clay, a type that is usually used internally, like kaolin and bentonite. One important note: Skip the cleanse if you're on any medication.

The recipe is easy: Stir one tablespoon of clay into a glass of water, using a wooden spoon — it is thought that clay loses its properties through contact with metal. Let the mixture sit overnight in the fridge. In the morning, drink the water but not the clay deposit.

When I first tried it, I tasted its earthiness, but nothing overwhelming. That said, after a week, the morning clay shot became increasingly difficult to swallow.

While I didn't notice a strong detoxifying effect, there was one big benefit. I had a bad stomach ache one night, and the next morning I skipped breakfast but took my daily dose of clay. After that, the pain was gone.

Briefs

Gluten is back on the menu for celiacs

Gluten-free will never taste as good as the regular stuff. But if you are among the more than 2 million people in the U.S. alone with celiac disease or have some form of gluten intolerance, any safe alternative to your favorite foods was worth the sacrifice in taste and texture.

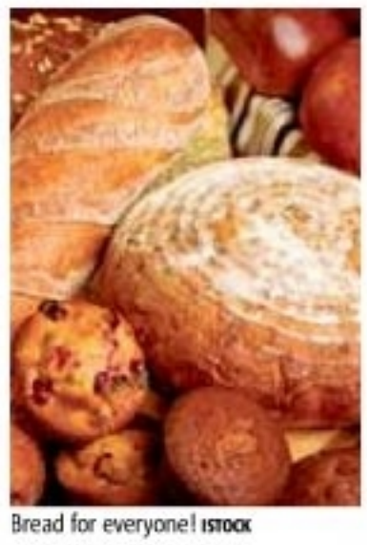
Well, get ready to eat without consequences again.

Scientists at the University of Alberta have engineered a pill using the yolks of chicken eggs that protects the small intestine from being damaged by the protein gliadin, the problematic part of gluten for celiacs.

"This supplement binds with gluten in the stomach and helps to neutralize it, therefore providing defense to the small intestine," explains Dr. Hoon Sunwoo, who began his research after learning that a friend and his family suffer from celiac disease.

Symptoms of gluten intolerance include anemia, headaches, bloating and fatigue, but serious complications can occur if nutritional deficiencies develop. And because gluten, most commonly found in wheat, rye and barley, is also frequently used to add texture to other foods, it's not always obvious what celiacs should avoid.

The pill is being tested in Canada and could be available there within three years, after which it will be submitted to other regulatory agencies. EVA KIS



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As a therapist, I often feel like a tour guide for my patients. Using various "maps" and my knowledge from years of traversing the emotional terrain, I help them navigate the territory of the mind and make sense of what they discover. Pixar's "Inside Out" took that journey one step further, introducing the indigenous people of these lands: the animated, personified emotions Joy, Sadness, Anger, Disgust and Fear.

If you haven't seen this gem, it's about what happens inside the mind of a happy little girl named Riley who loses her joy — literally — when her family moves across the country. Of the five characters, which represent the five basic emotions, Joy is dominant. But the move causes chaos that strands Joy and Sadness in the recesses of Riley's mind, leaving Anger, Disgust and Fear in charge.

Aside from the film's entertainment value, I found it to be a welcome frame of reference for visualizing how emotions work and, particularly, how unexpressed grief can lead to depression.

There are five main emotions — but do you know what they're trying to tell you? DISNEY PIXAR

Once Upon a Couch

KIM SCHNEIDERMAN, MSW, LCSW
STEPOUTOFYOURSTORY.COM

Kim Schneiderman, LCSW, is a psychotherapist and the author of "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life." Email Kim your questions at askkim@metro.us.

For example, after recommending the film to a client getting divorced, she shared that it seemed as though Sadness had taken over her mind's control panel and wouldn't leave. However, I pointed out that Sadness was a natural response to loss; it was Fear that was making up the story that her grief would last forever.

Which leads me to the second important point the film makes: None of the emotions are cast as villains. In truth, all of our emotions serve a critical function in keeping us balanced: Fear and disgust protect us, anger expresses our needs and boundaries, joy ensures flourishing and sadness allows us to come to terms with life's inevitable losses.

Sometimes, certain go-to emotions can hog the controls when we're stressed. Taking a cue from "Inside Out," we might try to visualize which emotion is at the controls. From there, we can examine what they're doing there — "Fear, are you trying to protect me again?" — and even talk back to them: "Hey, Fear, not to worry. I got this."

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3

SPORTS

North of the border

Phillies travel to Toronto

What a strange season it's been for the Phillies. After an 8-1 start to the second half and a no-hitter from Cole Hamels, one wouldn't guess the Phillies were more than 25 games below the .500 mark. The team hopes to continue its tear with two games against the Blue Jays Tuesday and Wednesday.

MACNOW: LET'S GIVE HAMELS HIS DUE

Cole Hamels threw a no-hitter, Carlos Ruiz caught it, and Ryan Howard won the game with a three-run homer. For one Saturday afternoon at Wrigley, we returned to 2008. It felt great, if just for the moment, returning to those times when we hung on every pitch.

If Hamels is traded by Friday, he'll have provided the greatest wave goodbye in Philadelphia history. He'll also depart as one of the most unappreciated great athletes to pass through town.

You know the résumé: MVP of the LCS and World Series in '08, three all-star appearances, the best pitcher the Phillies developed in-house since Robin Roberts.

Yet, I've taken calls for years that Hamels is soft, metrosexual, a California diva. Many fans were outraged at his request years back for a chiropractor on the road (something more than a few teams provide now). His voice — fodder for parody — became an argument that he was effeminate. It's all slander that should never be pasted to someone who made at least 30 starts each of the past seven years and won more postseason games than Steve Carlton.

If he's traded this week (I've still got the odds below 50 percent), raise a toast to Cole Hamels. You won't see as good a pitcher in red pinstripes for a long time.

THE SPORTS PROFESSOR
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Macnow on Kelly

Is Eagles' Kelly expecting too much privacy?

Chip Kelly
ALL PHOTOS GETTY IMAGES

There's been debate whether Chip Kelly's seven-year marriage is of interest to Eagles fans, who learned about it through a Washington Post article last weekend. I say it is — not because Chip was actually wed and divorced, but because he succeeded in keeping it a secret for all these years.

Kelly is the most compelling figure in the NFL right now. Certainly, he's the most-talked about public personality — sports or otherwise — in Philadelphia. And yet we know less about him than we ever have anyone in his position.

Andy Reid loved his burgers and valued his religion. Ray Rhodes had a thing for off-track betting. Buddy Ryan raised racehorses and tossed hay at his Kentucky farm.

But Kelly? Asked the other day why he keeps his private life so private, he said, "I think most people do, don't they? Unless you're a Kardashian."

That's his right, certainly. But Philadelphians care more about the Eagles than any single institution in our city. Kelly, now, is in complete control of that franchise. It's not wrong for fans to want to know something of the id, ego and superego of the man in charge. GLEN MACNOW

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USA Soccer: Why have men fallen so far behind women?

National team. After their embarrassing setback in the Gold Cup, the men have shown they are pretty far behind the women on the world stage.

The American men's team hasn't accomplished much lately and is also aging quite rapidly. / ALL PHOTOS GETTY IMAGES

In the same month that started with a jubilant 5-2 win over Japan for a World Cup title by the U.S. Women's National Team, the U.S. Men's National Team suffered one of the worst performances in their history in the CONCACAF Gold Cup to finish the month.

The U.S. men, who were upset by Jamaica 2-1 in the Gold Cup semifinals last Wednesday, ended the week with a brutal 1-1 (3-2) loss to Panama in penalty kicks Saturday to finish fourth in the tournament.

It was the worst Gold Cup finish from the men's team since losing to Colombia, an invited guest, during a shootout in the 2000 quarterfinals.

"Any time you don't win, it's a setback of sorts," U.S. Soccer Federation President Sunil Gulati said. "We're not going to win every game, so that means every team in the world has a lot of setbacks by that definition."

But it's hard to look at this as strictly a setback for the men. Entering the tournament, they were widely viewed as the clear favorite to win the Gold Cup. Everything seemed to be trending upwards since a round of 16 finish in the 2014 World Cup, but you have to wonder where things go from here.

The U.S. will face Mexico in a playoff match on October 9th with the winner earning a bid to the 2017 FIFA Confederations Cup. Mexico won the Gold Cup Sunday with a 3-1 victory over Jamaica. This doesn't bode well for the Americans, who will have a ton of work to do in the next three months.

"This team will grow," U.S. manager Jurgen Klinsmann said. "This team will get better. The youngsters will learn from their mistakes on the field."

But will it grow? If this team is seemingly so talented and well-coached, how is it so far behind the women's team at the moment?

In 16 years, the women's team has won two World Cup titles, five Olympic medals (four gold and one silver when the team was upset by Norway in 2000) and four Gold Cup titles. In that same timespan, the men have advanced to the quarterfinals of a World Cup just once while bringing in four Gold Cup titles of their own. Is that enough?

The men's team isn't getting any younger. With Landon Donovan retiring, Tim Howard, hero of the 2014 World Cup, on the brink, leading goal scorer Clint Dempsey nearing his mid-30s and midfielder Michael Bradley already appearing in 105 international matches at the age of 27 — a severe learning curve seems to be heading toward the men's team if any or all of them prove to be ineffective by the time of the 2018 World Cup.

Bob Bradley was fired as the U.S. manager after making it to the round of 16 in 2010 because of a 4-2 loss to Mexico in the 2011 Gold Cup final. If Bradley was fired after taking his team to the final, what does that say about Klinsmann's future after finishing fourth?

There certainly are a lot more questions than answers for the men's team. In the interim, Americans can enjoy the success of the women's team and appreciate just how dominant they've become. The men will have some catching up to do.

JEFF MCMENAMIN
@Jeff_McMenamin
sports@metro.us

US Soccer's gender gap

2 The United States Women's National team has won two World Cups, in 1999 and in 2015, over the last 16 years. The men reached the quarterfinals just once in that span.

5 The ladies have won five medals in the Olympics, one in each of the Games when the event has been held — four of which were gold. The men have not won a medal since 1904.

4 The USA men have been much more competitive amongst North American teams, winning four Gold Cup titles, the same number as the women.

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NFL

Finding value in NFL over/unders

With NFL training camps opening this week, we continue to look at the early over/unders for the 2015 season and where you should put your money.

Calvin Johnson will look for a bounce-back year. / GETTY IMAGES

Bills (8.5 – over)
This is a great bet. Rex Ryan doesn't have a care in the world, and he's already shown that when he's free to do his thing and he has talent on defense, he can get a team to the playoffs. Like with the Jets, however, the offense remains iffy. LeSean McCoy, Percy Harvin and Charles Clay will help matters, but Buffalo is still on the lookout for Jim Kelly's replacement. Matt Cassel hasn't guided a team to back-to-back wins since the 2011 season and is 33 years old. But McCoy will have a giant chip on his shoulder, and that defense will allow Buffalo to win plenty of games.

Ravens (9 – under)
The Ravens seemingly never go away, but this could very well be the first time since 2007 that they finish with a record below .500. Haloti Ngata is gone, as is Torrey Smith and Jacoby Jones. Remember, this is a team that nearly missed the playoffs last year due, in large part, to a late December loss to the Texans and a truly horrific game from Joe Flacco.

Lions (8 – over)
People are freaking out over Ndamukong Suh's departure. But there's still plenty of talent on a team that won 11 games last season. The previously mentioned Ngata landed in Detroit, and Calvin Johnson will be motivated to regain his throne as the league's best receiver. MATT BURKE

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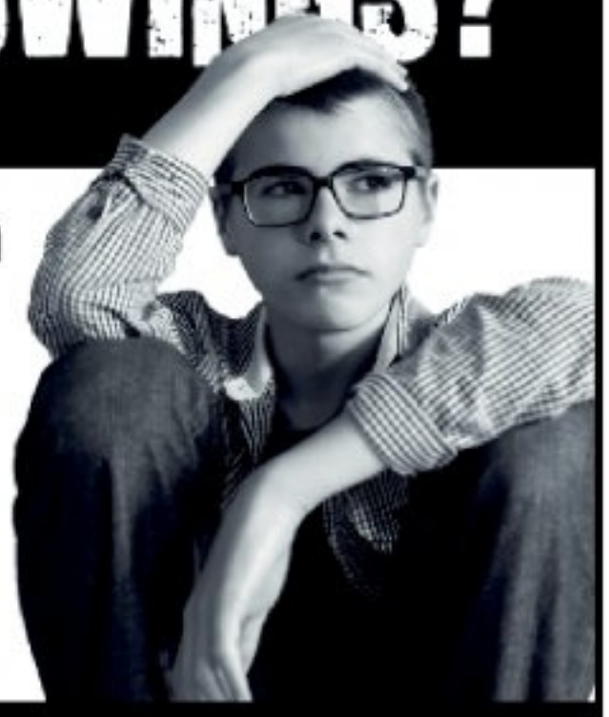

A bipolar disorder research study for children and teens ages 10-17 is enrolling now.

- ✓ Investigational medication
- ✓ Study-related care from a local doctor
- ✓ Possible compensation for time & travel

PRAHEALTHSCIENCES

For more information, call toll-free **1.877.946.7582** or visit PRAHS.com

The STEADi (Study To Evaluate an Adolescent Depression Investigational drug) clinical research study is being done to find out if an investigational drug is safe and if and how well it works for adolescents who have major depressive disorder (MDD). The study will last for about 10 weeks and there will be about 9 study visits. Study participation is voluntary.

You may be eligible to join the study if you:

- Are 12 to 17 years old
- Have been diagnosed with MDD or have been having feelings of depression for at least the past 6 weeks

To learn more:

PRAHEALTHSCIENCES
1-888-682-2579

STEADi